

# ORIENTEERING WORLD



1994 NO. 6 - NOVEMBER



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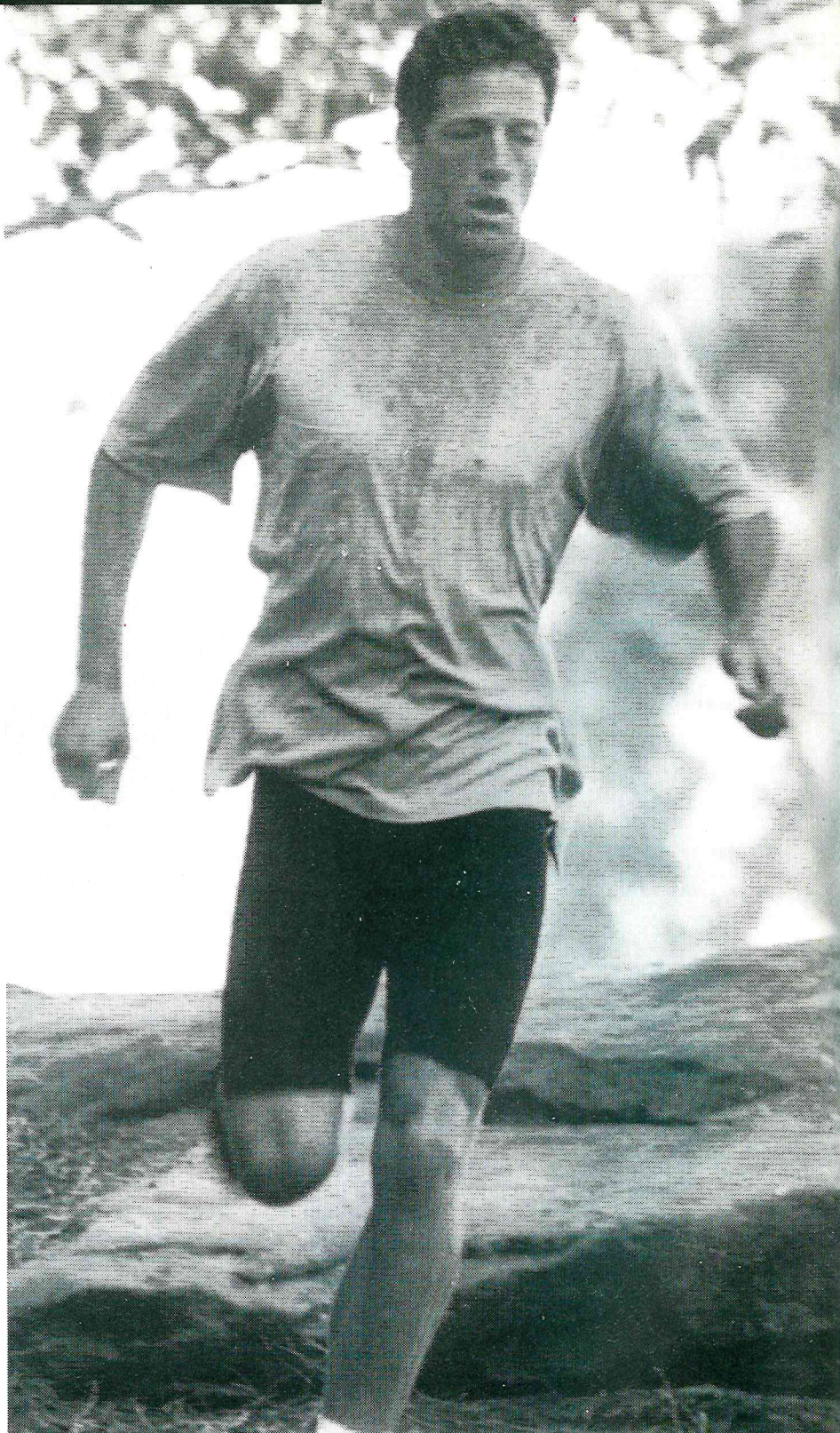


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# ORIENTEERING WORLD

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## PUBLICATION NOTES

All **contributions** should be sent to the Editor to arrive not later than the  
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**Readers' letters, articles and photographs** for publication are welcomed.  
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95/4	14 July	19 June

**COVER PHOTO:** Start of the World Cup Final men's relay in the Czech  
Republic, 29th September 1994  
photo: Kim Rud



The time has come again for orienteers in the more northern latitudes to put the competition O-shoes away for the winter and check that the skiing gear is in good order. On the other side of the world the spring O-season is ending and full summer can be enjoyed - but it's probably too hot on many occasions for enjoyable competition. In Spain and Portugal, the best conditions for orienteering come in just three months time, when the first international events of the new year in the northern hemisphere will take place.

All this is to illustrate how difficult it is to produce an international fixture list which fits all objectives; providing a well-structured, reasonably compact and varied annual programme for the world's elite doesn't fit well with another function of these events - the desire to provide organisational experience and media opportunities for all active O-nations.

There has been much active debate on the future of the World Cup in the past five months. The contribution from the newly-formed International O-Runners organisation is especially welcome; the representative views of elite orienteers have been heard too little in the past. The outcome is a more intensive programme in 1998 and an extra event in 1996, but a decision not to put in a multi-day element. This must surely come in the future, if we are to make the most of our limited media opportunities.

Meanwhile the 1994 World Cup is over, with a new relay competition successfully inaugurated and some advances in course design to make the events more spectator-friendly. A year when Scandinavian dominance has been broken on a number of occasions. A year of some progress, certainly - but there is a very long way to go before we can boast an annual elite programme of interest to more than the committed spectator and which achieves more than the standard two-minute TV news slot.

Finally, a merry Christmas and a happy New O-Year to all readers.

Clive Allen

### *Ecuador New IOF Member*

The IOF Council has appointed Ecuador associate member of the IOF. More precisely, and according to the IOF Statutes, Ecuador was appointed provisional member until the next Congress (where the delegates will, in all likelihood, approve the appointment).

In *Orienteering World* 93/6 Mari de Hernandez gave an interesting account of orienteering in Ecuador. Mari, Norwegian born (née Gabrielsen), has lived in Quito since 1988. She has invested an enormous amount of time and energy in promoting orienteering in the country and getting official recognition from the state sports authorities. Her efforts have been crowned with success: orienteering is catching on, and the *Consejo Nacional de Deportes* has given orienteering their authorisation.

The IOF congratulates Señora Mari and all orienteers in Ecuador!

### *1999 World Championships - in Scotland*

The British Federation has announced that the 1999 World Championships will be held in the north of Scotland. Orienteering activity is henceforth restricted, other than at events on the official British fixture list, north of a line from Fort William on the west coast to Stonehaven on the east.

### *Scandic Champions*

Hanne Staff and Petter Thoresen are 1994 classic distance champions in Norway, the latter winning by a margin of 3m 29s over Bjørnar Valstad on the 15km course. Thoresen also took the Night Championship, Hilde Tellesbø winning the women's title there.

In the Swedish Championships week near Gothenburg, 21-year-old Jimmy Birklin won both short and classic distance races whilst Anette Nilsson took the Gold medal in both classic and night events. Johan Ivarsson won the men's night race, and women's short distance victor was World Champion Anna Bogren. Swedish long-distance champions are Thomas Asp and Karolina Arewång.

1994 Champions over classic distance in Denmark are Tenna Nørgaard and Flemming Jørgensen.

### *1995 World Championships*

There will be a qualification race for the classic final in the 1995 World Championships - and it will take place on the day of the Opening Ceremony with the classic final the following day and the short distance races 2 days later. But the organising country, Germany, has decided that it cannot implement the rule change agreed at the IOF Congress in June, that teams can consist of 7 men and 7 women. The previous rule of 5 + 5 will remain in force for 1995.

### *1994 World University Championships*

There was a good turn-out of elite orienteers for the 1994 WUC, held near Fiesch, Switzerland, 4-11 September. Lucie Böhm (Austria) and Olivier Coupat (France) confirmed their potential with decisive victories at short distance, whilst classic race wins went to Sabrina Meister-Fesseler (Switzerland) and Tomas Prokés (Czech Republic).

**Short distance: Women:** 1. Lucie Böhm AUT 25.43, 2. Anne-Marie Piolat-Mancini FRA 26.11, 3. Külli Kaljus EST 26.15. **Men:** 1. Olivier Coupat FRA 24.10, 2. Petri Forsman FIN 25.37, 3. Vaclav Zakouril CZE 26.03. **Classic: Women:** 1. Sabrina Meister-Fesseler SUI 61.09, 2. Lucie Böhm AUT 61.20, 3. Marie-Luce Romanens SUI 61.31. **Men:** 1. Tomas Prokes CZE 76.42, 2. Thomas Bührer SUI 79.07, 3. Olivier Coupat FRA 79.30. **Relay: Women:** 1. SUI, 2. CZE, 3. AUT. **Men:** 1. SUI, 2. CZE, 3. HUN.

### *1995 Nordic Relay League*

In 1995 the NRL, trailed as the 'World Cup for orienteering clubs', will again comprise four of the most well-known relay events. The programme is:  
19 March, Spring Cup, Hillerød, Denmark;  
22 April, Värstaffetten, Halden, Norway;  
6-7 May, 10-mila, Stockholm, Sweden;  
10-11 June, Venla & Jukola, Sibbo, Finland.

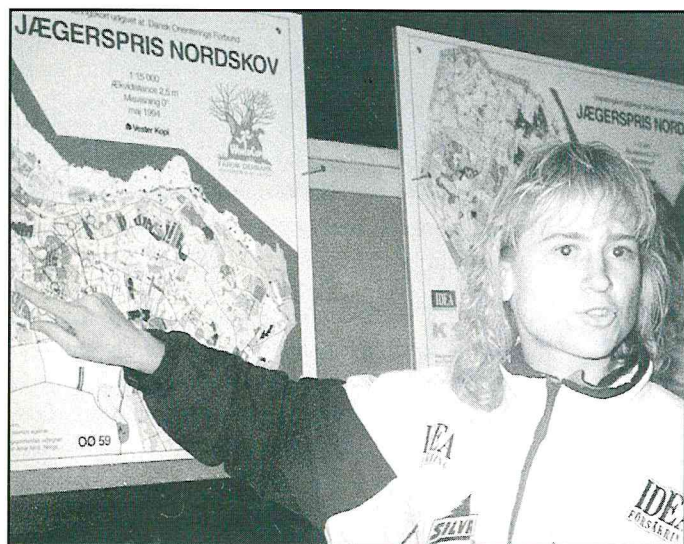
Värstaffetten replaces the Nordic O-Festival in 1995 because the latter clashes with other international competitions. In 1996 the Festival, to be held in the Trondheim area, will be back in the programme.

Clubs from all nations are eligible to take part in the League's two classes - men and women - which were won in 1994 by the Finnish clubs Turun Suunistajat and Angelniemen Ankuri.



## WORLD CUP 1994: Jansson and Thoresen take Top Honours

Two victories - in Denmark and Germany - and two third places secured top women's position for Marlena Jansson of Sweden by a 24 point margin. Norway's Petter Thoresen achieved first place in the men's rankings by 7 points after victory in the final race.



Marlena Jansson describes her route to the press after her win in Denmark photo: Christer Svensson

In the women's lists Yvette Hague (Great Britain) finished second overall, the reward for a consistent season - in every counting race she finished fourth or above. Then came Norway's Hanne Staff, winner of the races in Australia and Norway. Hanne Sandstad (Norway), Anna Bogren (Sweden) and Gunnilla Svärd (Sweden) took the next three places.

Despite his absence from the final series because of injury, Janne Salmi (Finland) held on to second place following his two wins in Australia and Norway. Finn Mika Kuisma placed third and Håvard Tveite (Norway), winner in Germany, finished fourth. Fifth and sixth positions were taken by Carsten Jørgensen (Denmark) and Jörgen Mårtensson (Sweden).

### FULL RANKING LISTS - PAGE 20



Petter Thoresen is congratulated by IOF President Sue Harvey after achieving overall victory in the Czech Republic photo: Lennart Levin

## Good Route Choice the Key in Germany

The Harz Mountains provided terrain well suited to the stronger men and women amongst the world's elite, with the correct choice of route on the longer legs being critical for success. On leg 8-9 in the men's A-Final, for instance, the 30 leading runners used 8 very different routes, but none of them used the planners' optimum route! Long grass in some meadows proved a disadvantage to early starters. The events - a qualification race followed the next day by A and B finals - were well organised by a team in which many were rehearsing their roles for the World Championships in Germany in August next year.

All the 'big names' successfully reached the A finals, but one notable absentee was Finland's Janne Salmi, sidelined by an ankle injury which also kept him out of the races in the Czech Republic. Fastest in the men's qualifying races were Jörgen Mårtensson (Sweden)

and Thomas Hjerrild (Denmark), but it was Håvard Tveite (Norway) who came away with a victory in the race that mattered, by just 3 seconds from Timo Karppinen (Finland), with Carsten Jørgensen (Denmark) third and Jörgen Mårtensson fourth. Bjørnar Valstad (Norway) had the fastest times through both radio points and finished fifth.

Marlena Jansson (Sweden) continued her run of success, coming first here by 67 seconds after her win in the Denmark World Cup race in August. Then came another consistent performer this season, Hanne Sandstad (Norway), with Katarina Borg maintaining her come-back form in third place. Vroni König (Switzerland) achieved her best-ever world-level run with fourth position. Ann-Kristin Høgseth (Norway) was just the fastest at the radio control, but an error in the second half of the race left her in 9th place.

### LEADING RESULTS:

**MEN:** 1. Håvard Tveite NOR 82.46, 2. Timo Karppinen FIN 82.49, 3. Carsten Jørgensen DEN 83.41, 4. Jörgen Mårtensson SWE 84.14, 5. Bjørnar Valstad NOR 84.43, 6. Johan Ivarsson SWE 84.50, 7. Chris Terkelsen DEN 84.51, 8. Rudolf Ropek CZE 84.54, 9. Jimmy Birklin SWE 85.11, 10. Sixten Sild EST 85.22, 11. Thomas Hjerrild DEN 85.31, 12. Stephen Palmer GBR 85.36, 13. Lars Holmqvist SWE 85.47, 14. Alistair Landels NZL 85.48, 15. Reijo Mattinen FIN 85.53, 16. Steven Hale GBR 86.02, 17= Thomas Bühler SUI & Kjetil Bjørlo NOR 86.25, 19. Mika Kuisma FIN 86.44, 20. Andreas Rangert SWE 87.04, 21. Aigars Leiboms LAT 87.06, 22. Alain Berger SUI 87.31, 23. Petr Boranek CZE 87.35, 24. Petter Thoresen NOR 87.53, 25. Petri Forsman FIN 88.21.

**WOMEN:** 1. Marlena Jansson SWE 68.57, 2. Hanne Sandstad NOR 70.04, 3. Katarina Borg SWE 90.30, 4. Vroni König SUI 70.38, 5. Hanne Staff NOR 70.50, 6. Brigitte Wolf SUI 70.51, 7. Katalin Oláh HUN 70.59, 8. Johanna Tiira FIN 71.50, 9. Ann-Kristin Høgseth NOR 72.08, 10. Yvette Hague GBR 72.09, 11. Marja Pyymäki FIN 72.39, 12. Frauke Schmitt-Gran GER 73.18, 13. Eija Koskivaara FIN 73.27, 14. Marie-Luce Romanens SUI 73.41, 15. Gunilla Svärd SWE 73.52, 16. Anna Garin ESP 74.08, 17. Olga Jirsova CZE 74.39, 18. Torunn Fossli NOR 75.06, 19. Tenna Nørgaard DEN 75.13, 20. Hana Dolezelová CZE 75.29, 21. Reeta-Mari Kolkkala FIN 75.36, 22. Natalia Pletneva RUS 75.47, 23. Svetlana Rakhimova RUS 75.49, 24. Anette Nilsson SWE 75.56, 25. Ragnhild Bente Andersen NOR 76.04.



# Orienteering Paradise in the Czech Republic

A country recreation centre surrounded by grassy slopes dotted with chalets, overlooking an attractive lake in the Czech Paradise region near the town of Jicín, was the ideal setting for the World Cup Finals a few days after the Germany races. With forest in all directions around the centre, the planners found it possible to use a common finish for both the relay and individual races - as in Denmark - but also to bring runners through the same spectator control in the middle of the area and just 100 metres from the finish line on both days. The nature of the site and the freedom allowed to spectators to move anywhere in the assembly area created a superbly intimate atmosphere - and there always seemed to be something happening!

## Individual Final -

### Thoresen Demonstrates his Class

On a fine autumn day Petter Thoresen sealed overall World Cup victory in the best possible way with an emphatic win by 44 seconds over fellow-Norwegian Jon Tvedt who had earlier set a slightly faster time at the radio control. In the absence of Janne Salmi, World Cup leader before the final series but troubled with an ankle injury, several runners had a chance of the overall prize and with runners starting in reverse order of ranking position the excitement built up to a fine climax as the race progressed.

Early attention was concentrated on the spectator control which was only some twenty minutes into the race, runners appearing at speed down the slope from the forest and then following a taped route just behind the finish and past a drinks point before running out to another forest sec-

tion. Home runners Tomas Prokes and Rudolf Ropek were amongst the fastest to this point, but Petter Thoresen came through in a very determined fashion and 40 seconds quicker than second-fastest Jörgen Mårtensson.

The next part of the course was highly technical, going through a normally closed region of sandstone blocks and much highly complex terrain, and it was not surprising that the picture at the radio control had changed considerably. Here Mika Kuisma (Finland) was third fastest just ahead of Mårtensson, with world champion Allan Mogensen (Denmark) and Switzerland's Thomas Bührer only a few seconds slower. It was Bührer who came through the final section best to gain third place at the finish with Carsten Jørgensen of Denmark in fourth position.



*Spectator control in the relay  
photos: Kim Rud*

The Swedish women made up for their relay disappointments with fine performances in the individual race, but it was Vroni König (Switzerland) who was fastest at the spectator control, just 11m8s into her race.

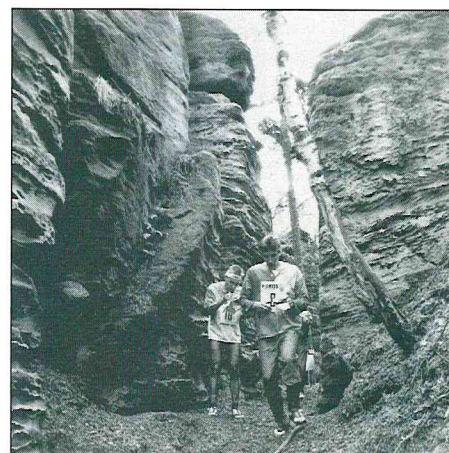
## First, Second and Third for Sweden

22 seconds slower at this stage was Anette Nilsson, but she was fastest by 31 seconds at the radio control and went on to win by 42 seconds. Maria Gustafsson ran consistently throughout to finish second whilst Marlena Jansson picked up well after an early error to gain third place and overall victory in the '94 World Cup. Yvette Hague showed her usual good form in the later parts of a race to finish fourth. After winning the relay the Swiss women again did well with 4 finishers amongst the top 11.

#### LEADING RESULTS:

**MEN:** 1. Petter Thoresen NOR 75.40, 2. Jon Tvedt NOR 76.24, 3. Thomas Bührer SUI 76.32, 4. Carsten Jørgensen DEN 77.14, 5. Timo Karpinnen FIN 77.16, 6. Jörgen Mårtensson SWE 77.38, 7= Bjørnar Valstad NOR & Tomáš Prokes CZE 78.26, 9. Chris Terkelsen DEN 78.27, 10. Mika Kuisma FIN 78.29, 11. Jimmy Birklin SWE 79.04, 12. Rudolf Ropek CZE 79.07, 13. Håvard Tveite NOR 79.14, 14. Steven Hale GBR 79.29, 15. Dominik Hummel SUI 79.32, 16. Alistair Landels NZL 79.33, 17. Allan Mogensen DEN 79.43, 18. Kjetil Bjørlo NOR 79.58, 19. Reijo Mattinen FIN 80.09, 20. Lars Holmqvist SWE 81.02, 21. Sixten Sild EST 81.23, 22. Olivier Coupat FRA 82.32, 23. Edgaras Voveris LTU 83.28, 24. Johan Ivarsson SWE 84.09, 25. Daniel Giger SUI 84.15.

**WOMEN:** 1. Anette Nilsson SWE 62.12, 2. Maria Gustafsson SWE 62.54, 3. Marlena Jansson SWE 63.16, 4. Yvette Hague GBR 63.53, 5. Brigitte Wolf SUI 64.52, 6. Sabrina Meister-Fessler SUI 64.55, 7. Katarina Borg SWE 65.01, 8. Vroni König SUI 65.08, 9. Anniina Paronen FIN 65.18, 10. Katalin Oláh HUN 65.40, 11. Marie-Luce Romanens SUI 65.54, 12. Ragnhild Bente Andersen NOR 65.59, 13. Hanne Sandstad NOR 66.05, 14. Tenna Nørgaard DEN 66.13, 15= Anna Bogren SWE & Johanna Tiira FIN 66.38, 17. Hanne Staff NOR 67.03, 18. Reeta-Mari Kolkkala FIN 67.41, 19. Torunn Fosslø NOR 67.48, 20. Kirsi Tiira FIN 68.00, 21. Frauke Schmitt-Gran GER 68.18, 22. Danute Girinskaite LTU 68.34, 23. Ann-Kristin Høgseth NOR 68.44, 24. Maria Honzová CZE 69.25, 25. Anke Xylander GER 70.04.



*Complex rock detail tested competitors*



# Relay wins for Denmark and Switzerland - but Norway triumphs overall

Norway became the first winners of the Relay World Cup in both men's and women's classes - as a result of achieving second place in each of the final races. With none of Sweden's teams able to find combined form and the best two of three races counting, the way was clear for Norway's triumph. But the Danish and Swiss teams both had the satisfaction of gaining their first World Cup victories in the relay competition, the Danish men's team of Allan Mogensen, Chris Terkelsen and Carsten Jørgensen by the impressive margin of 4m 30s and the women of Switzerland - Vroni König, Brigitte Wolf and Sabrina Meister-Fessler - by just 13 seconds in an exciting finish.

After a steep uphill start out of the assembly area it was not long - especially on the last leg - before runners appeared out of the forest, running between the chalets to the spectator control beside a children's see-saw.

## The Women's Race

In the women's race local excitement was high as Katka Ticha came through amongst the leaders and held a 6-second lead at the first changeover. The courses had three distinct sections, the first slowish with undergrowth, then a more technical part through some of the magnificent sandstone pillars which are a feature of the region, and finally a fast and undulating section. The quick changes in technique required caused mistakes amongst many runners and so quite significant changes in position occurred as the races progressed. At the spectator control second time round a Swiss, a

Norwegian and the two Swedish teams were clear of the rest and at the second changeover it was Brigitte Wolf in first with a decisive lead of 34 seconds. Hanne Staff worked hard on the final leg but just failed to catch Sabrina Meister-Fessler, but the run of the day was from Yvette Hague who was 2m 59s quicker than everyone else in bringing the Great Britain team up from thirteenth to third.

The first six teams in the final scores list were separated by just 4 points with Norway coming out on top with two second places, ahead of Switzerland, Sweden, Great Britain, Czech Republic and Finland.

## The men's race

Only Norway and Sweden could win the men's competition, and the race was on from the start with Bjørnar Valstad and Lars Holmqvist running almost neck-and-neck through the spectator control, Valstad establishing a 31 second lead by the changeover. Denmark's Chris Terkelsen, going out 8th, then produced a particularly fine run to send Carsten Jørgensen out 28 seconds in front of Petter Thoresen, a lead which grew ever larger as the race progressed. Norway were second and Sweden third (45 seconds down) going out on the final leg, but Rudolf Ropek brought the Czech team through from tenth with one of the fastest runs of the day to take third place at the finish.

Mention should be made of the New Zealand team who were lying fourth at the end of the second leg through good performances from Alistair Landels and Rob Jessop, and of Estonia and France, fourth and

seventh countries overall respectively.

Norway, with a win and two second places, heads the final table from Sweden, with Denmark third, six points behind.

The relay races are regarded by the runners as a good addition to the World Cup programme but there were suggestions that in the future all three races should count rather than just the best two.



Allan Mogensen and Chris Terkelsen join Carsten Jørgensen to celebrate Danish victory in the men's relay  
photo: Kim Rud

## WORLD CUP RELAY, FINAL ROUND

**MEN:** 1. DEN-1 (Mogensen, Terkelsen, C. Jørgensen) 143.23, 2. NOR-1 147.53, 3. CZE-1 148.49, 4. NOR-2 148.54, 5. EST 148.55, 6. GBR-1 149.14, 7. CZE-2 149.19, 8. SWE-2 149.22, 9. FRA-1 149.28, 10. FIN-1 149.58.

**WOMEN:** 1. SUI-1 (König, Wolf, Meister-Fessler) 142.29, 2. NOR-1 142.42, 3. GBR-1 146.50, 4. SWE-1 147.45, 5. DEN-1 148.20, 6. CZE-1 148.47, 7. SWE-2 149.51, 8. FIN-1 150.07, 9. CZE-2 150.56, 10. SUI-2 153.31.

### FINAL WORLD CUP RELAY PLACINGS

#### MEN

Place	Nation	AUS	DEN	CZE	Total
1	Norway	20	17	17	37
2	Sweden	17	20	10	37
3	Denmark	11	11	20	31
4	Czech Republic	15	10	15	30
5	Finland	13	15	8	28
6	Great Britain	9	13	11	24
7	Estonia		9	13	22
8	Switzerland	10	5	7	17
9	France		7	9	16
10	New Zealand	6		6	12

#### WOMEN

Place	Nation	AUS	DEN	CZE	Total
1	Norway	17	7	17	34
2	Switzerland	13	13	20	33
3	Sweden	10	20	13	33
4	Great Britain	11	17	15	32
5	Czech Republic	20	8	10	30
6	Finland	15	15	9	30
7	Denmark	8	11	11	22
8	Germany	6	10	7	17
9	Hungary		9	5	14
10	Russia		6	8	14



## The Future Format of the World Cup

An open meeting was held by the IOF Events Committee at the World Cup Finals in the Czech Republic to discuss possible changes to the World Cup format in 1998. A paper had been circulated to all participating countries at the Germany World Cup event a week earlier, in which the Events Committee put forward three alternative models.

Jon Musgrave (GBR) spoke on behalf of the committee of the newly-formed International O-Runners (IOR) organisation and first suggested a change to the already-agreed 1996 programme: that 2 or 3 days of the Swedish O-Ringen be added to the programme, giving one set of points. He said this idea was

well supported by the runners if it was done as a trial to see if a multi-day element would be a welcome part of every World Cup series. For 1998, model A was the only one supported by IOR: 9 - 12 races in all, in three periods between the end of May and mid-October. Almost all countries supported the continuation of relay events but it was thought that it might be better to count all three events in a season.

In the debate, concern was expressed that too many runners were attending only to run in qualification races. Allowing the best 5 in a B final to run in the next A final was supported.

Geir Tveit, Chairman of the Events Committee, spoke of the new Register of Coaches now being created, and said that a questionnaire on World Cup issues and ideas would shortly be circulated to them.

### Revised 1996 World Cup Programme

7 May LIT classic*	18 Aug SUI relay
10 May LAT classic	19 Aug SUI short distance
11 May LAT relay	21 Aug SUI classic
	24 Aug FRA classic
30 July SWE short distance	
3 Aug NOR classic*	* - qualification race on the
4 Aug NOR relay	preceding day

### International O-Runners

*Following preliminary meetings in Australia and Denmark earlier this year, a formal meeting to establish a new runners' organisation was held in the Czech Republic after the World Cup Relay Final.*

*85 runners from 22 countries attended the meeting at which it was formally decided that the new organisation will be known as International O-Runners (IOR). A committee was elected consisting of Kent Olsson SWE (Chairman), Jonathan Musgrave GBR (Secretary), Sabrina Meister-Fesseler SUI, Alistair Landels NZL, Janne Salmi FIN and Sixten Sild EST. A named representative from every country was also identified.*

*Speaking after the Individual Final, IOF President Sue Harvey welcomed the formation of IOR as a major step towards improved communication between elite runners and those making decisions in the IOF.*

## The World Cup: Council's Decisions

Following the open meeting and feed-back from coaches, the Events Committee put proposals forward to the IOF Council which met in mid-November. Council decided to endorse a proposal to **add in 1996** a classic event (mass start with loops) in Switzerland during the last round. However a proposal to include 3 days of the Swedish O-Ringen as one World Cup event was rejected. The revised 1996 World Cup programme is printed on this page.

Council approved the **plan for 1998** as follows:

1. Three periods (May-October, depending on where)
2. Three individual competitions and one relay in each period
3. Each period to include 2 weekends and the week in between.

All federations are invited to apply for events, but are asked to co-operate so that each round can be composed with the shortest possible travel distances between the different competitions. **Applications for 1998 events have to be with the IOF Secretariat by 31st January 1995.**

## Introducing an Electronic IOF Calendar

Many orienteers are travelling abroad - for business, for holidays and just for orienteering. And many of them would like to participate in orienteering events, not only in the big international events (which are listed in the present IOF Calendar) but also in smaller events near the places they are going to visit. To meet this requirement the IOF High Tech Group is at present developing the Electronic Calendar. It is intended as an additional service; the present IOF Calendar will be continued in paper form.

If we are thinking about including smaller events in the international calendar, the number of events may become as big as 10,000. To distribute such a calendar on paper would be very costly and national federations would not find it practicable to make copies. To distribute such a calendar on floppy disk makes much more sense. It is cheap, and national federations can easily make copies for their clubs. PC's are now widely spread and so most people should be able to access the calendar. With the help of a search program (which will be included on the disk) it will be possible to find the events of interest very quickly.

As a first step we have asked all member federations if they would be willing to provide

their events on a disk, and we received a positive response from 25 federations including all the big orienteering federations. When we consider that this can involve a considerable amount of work (all events have to be typed in), this is a very encouraging response. In September these federations were sent an entry program which enables them to write the event data on a disk. The returned disks are then combined into a single database and linked with the search program. It is planned to release the first Electronic Calendar in January 1995. In order to provide accurate data, the calendar will be updated every 6 months (in January and July).

**The data contained on the disk is:**

- Date and number of competitions
- Last entry date
- Name of the event
- Event venue/nearest town (a place which can be found on an ordinary road map)
- Form of the event (Individual, Relay, Night, Ski)
- An address from which more information can be obtained.

The High Tech Group is very optimistic that this new service will be very attractive for many orienteers and that even more nations will contribute their events in the future.

**Hans Steinegger**



## Orienteering-on-Mountain-Bike News

The first International Match in Orienteering on Mountain Bikes took place near Fréjus, France on 12-13 November. 6 nations were represented, and Individual winners were Olivier Coupat (France), also well-known in foot orienteering, and Martina Horacková (Czech Republic). There will be a full report in the next issue of *Orienteering World*. A second International Match will be held in the Czech Republic next September.

The 2nd Spanish Championships were held at Las Navas del Marqués, about 70km from Madrid, over two days on 22-23 October. A new Spanish rule is that control cards must be fixed to the bike and not the rider, so the punches are attached by elastic to the control assembly. Riders have to keep to paths throughout the competition. A two-page article about orienteering on mountain bikes appeared in a leading glossy mountain bike magazine in Spain during the summer.

An event claiming to be the first mountain-bike orienteering race in Germany was held at Lübbecke in the northernmost part of the country on 27th November.

### Trailquest

In Britain the 1994 National Trailquest League, over 15 rounds and including a night event, has proved very popular. Each round comprised 5-hour and 2-hour events for teams of 2 and solos, the 2-hour event including a class for families with children aged 10 or over.

"We believe that the five-hour score format is the only way of convincingly differentiating bike-O from Bike Racing to landowners, local authorities and other user groups", says Trailquest Coordinator Colin Palmer, comparing the British model to the usual orienteering format of fixed control sequence and winning times of 60-90 minutes used in France and Spain.

## Euromeeeting '94

Competition was keen at this end-of-season event held in the hilly forest regions of mid-Jutland in Denmark. More than 200 senior and junior competitors from 10 nations took part. Winners of the senior individual races were Carsten Jørgensen on home ground and Vroni König (Switzerland).

After a close and exciting relay race in which the lead changed several times between Denmark and Sweden, it was again Carsten Jørgensen who crossed the finish line first - only to find that second-leg runner Alan Mogensen had been disqualified for mis-punching. Norway were women's relay winners over Sweden thanks to a determined last-leg run from World Cup star Hanne Staff, who gained 8 places with the fastest run of the day. The Czech junior women's team caused a big surprise by clinching third place ahead of many more experienced teams.

### Individual :

**Men, 16.7km.:** 1. Carsten Jørgensen DEN 90.19, 2. Kjetil Bjørlo NOR 92.05, 3. Jimmy Birklin SWE 92.18.

**Women, 9.9km.:** 1. Vroni König SUI 69.31, 2. Karina Östlund SWE 69.47, 3. Tenna Nørgaard DEN 69.54.

### Relay:

**Men:** 1. SWE (Björn Kristiansson, Johan Ivarsson, Jimmy Birklin) 2.43.44, 2. NOR 2.49.29, 3. SWE-2 2.51.54. **Women:** 1. NOR (Anne Lene Bakken, Elisabeth Ingvaldsen, Hanne Staff) 2.43.48, 2. SWE 2.44.04, 3. CZE-2 2.51.53.

## Leading in Performance and Price

### New Orienteering Competition Compasses with Turbo 20 Technology

Developed by a champion for champions  
Big RECTA magnifying lens (as DO-865)  
and disc stabilised needle in  
fixed capsule



DO-766 (right hand)  
DO-765 (left hand)



DO-315

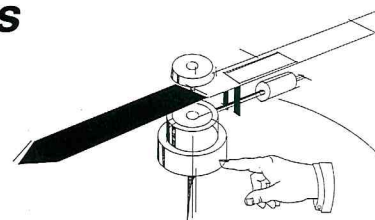
Ergonomic design,  
rulers 60x122 mm, set of front  
scales, disc stabilised needle  
for top runners

#### Further Turbo 20 models:

DO-555, 131x65 mm, lens 38 mm

DO-865, 131x65 mm, focus adjusted

magnifying lens 46 mm



- quick settling time
- super stable needle when running
- tilt compensation of +/- 20° from level
- worldwide inclination compensation





**S**hort distance orienteering is a relatively young discipline, which perhaps is still trying to find its ultimate form. In this process, the map has also played a role. Permissions for major short distance events (like the World Cup and World Championships) on 1:10,000 scale maps have for various reasons been sought, and in some cases given. Initiated by the decision to organise the 1993 World Championships short distance event on a 1:10,000 map, the IOF Map Committee felt a need for better knowledge of the views of elite orienteers, and therefore decided to carry out a study with the subject 'maps and short distance orienteering'. The results of the study were presented at the IOF MC meeting in Coredo, Italy in November 1993.

# Short Distance Orienteering and the Map

A report on an IOF Map Committee study  
by BJÖRN PERSSON, Sweden

It is important to stress that the objective of the IOF MC was to get a feeling for general demands on a map for short distance O. It was not only a question of the map scale *per se*, but more to understand if this new discipline already has, or in the future will develop into a discipline with new or earlier under-estimated demands on the map. The study was carried out as a questionnaire which was sent out to a number of member countries where it was asked that it be distributed to the elite orienteers. It was answered by some 120 top runners from 5 nations, and it gives a good understanding of 'the view from the top'.

## Legibility is paramount

Not surprisingly, the responses clearly show a strong demand for good legibility on a short distance map. One of the characteristics of short distance orienteering so far has been very high speed, and this of course puts the demand to be able to read and understand the map in this 'over-speed' in focus. Another strong request is high accuracy. However this

demand normally also exists for maps for classic orienteering, and therefore could be regarded as general! Maybe a more surprising result from the study is the very low percentage supporting the wish for the 'largest possible amount of detail'. This may indicate that elite orienteers do not want the short distance to evolve into 'miniature orienteering' or 'super-precision orienteering', but want it to be technically 'normal' at a very high speed.

## Larger scale, please

"What differences do you expect on a map for short distance compared to a classic event?" was one of the questions asked. Two answers stand out more clearly than the rest, namely that they should be more legible (see above) and they should be at a larger scale. But in a following question the answers contradict this, which gives some confusion. Some 45% of the responses say that a map for short distance is not necessarily different from a map for a classic event. One interpretation of this, of course, is that the complexity of the terrain should guide whether a larger scale is

needed or not - in order to get the best legibility possible.

## Enlargements preferred

A vast majority of the answers state that the maps in 1:10,000 scale should be produced at the standard of the 1:15,000 scale map and simply enlarged to 1:10,000. Symbols should also be enlarged. This clearly indicates that the top runners accept the ISOM (International Standards for Orienteering Maps) and that maps for short distance should not deviate from this standard.

## A top runner's outlook

In conjunction with the study, Swedish elite runner Jörgen Mårtensson was interviewed, to get a broader outlook on the subject. Jörgen came up with some interesting points - for example, that every serious elite runner needs to prepare in advance for switching scales. According to Jörgen, this adds a new problem which has to be taken into account when plan-



*Petter Thoresen - World  
Champion at short distance  
photo: Lars V. Jørgensen*

ning a World Championships week, if the 10,000 scale will be standard for short distance. He also criticises course planners, claiming that some of the major short distance events in the past have been far too easy from a technical point of view.

## The IOF MC's view

Following the discussions, the evaluation of WOC '93, and the opinions of the elite orienteers referred to above, the IOF Map Committee has developed

a policy towards accepting maps strictly enlarged to the scale 1:10,000 for international short distance orienteering. The reason for this is of course to improve the map legibility when running at high speed and in this way improve the overall quality of short distance O. However it is not the role of MC to guide the development of this discipline. In terrain and conditions where it is possible to achieve good quality by using the original 1:15,000 map, the MC recommend that this is done.

## What of the future?

The short distance discipline is maybe still not in its final form. From the map maker's point of view, it is not desirable to have the short distance develop into a discipline with its own map standard, different from the classic discipline in terms of detail, scale, contour interval etc. The cost for such 'dual' mapping cannot be justified. It is therefore encouraging that the responses from the top orienteers indicate that they do not support such a development! It is also important that the organisers of future major events act accordingly. Organisers of other orienteering events around the world should follow these 'majors' closely, and it has almost been a rule in the past that 'standards' set in World Championship or World Cup events have soon become 'de facto'.

The last words will be given to former World Champion Jörgen Mårtensson, whose conclusion could also serve as a conclusion for this article. In the interview he said "Short distance orienteering should not be regarded as a mapping problem, it is a course planning problem!" I think map makers and course planners can both agree on that!

*Björn Persson is Chairman of the Swedish Federation's Map Committee and a member of the IOF Map Committee*



# Russian Culture Capital Prepares Warm Welcome for Veterans



St. Petersburg - said by many to be the most attractive city in Russia - plus top-level competition in fast and intricate pine and spruce forest. That is the blend set to attract hundreds of foreign orienteers to the area where a very successful World Cup event was held in 1992. The competitions are being organised by the experienced St. Petersburg Orienteering Federation in collaboration with the firm 'Neva Tour' and the event centre is situated in Lembolovo, about 50km north of St. Petersburg.

## Accommodation

There are two possibilities: staying in the event centre or in St. Petersburg city. If you choose to stay in St. Petersburg, you must contact the Rosa Vetrov Tourist Agency (RVA) which has hotels in several categories available as well as an extensive programme of excursions. As many readers will know, St. Petersburg has a lot of magnificent architecture including churches, monuments, museums and theatres, and a twisting network of canals with more than 400 bridges. Accommodation in the event centre should be booked with the

WVC organisers and there are rooms of hotel standard, 1-4 beds with en suite facilities (US\$15-20 per day), not en suite (\$5-10), hostel-style rooms (\$3-5), rental tent, 2-3 persons (\$10), trailer or car site (\$2) or a tent site (\$1).

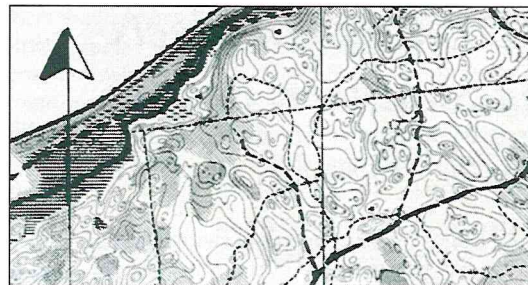
## Transport

For those staying in St. Petersburg, transport to the events and functions will be arranged by RVA. For others, it will be possible to get to the competitions without having to hire a car. Groups can be transferred between the international airport and the event centre by bus at a cost of \$60 (max. 40 persons) and similarly between St. Petersburg and the event centre for \$132.



## The terrain

The forests are for the most



DENNIS KOUPRIENKO, on behalf of the St. Petersburg Organising Committee, sets the scene for the 1995 Veteran World Cup

part coniferous (pine and spruce) with a lot of knolls, ridges and depressions of glacial origin. There are many small and also some bigger marshes. Old fortification ruins (trenches, tank barriers, dugouts and barbed wire obstacles) from the Second World War can still be seen in the terrain. The ground is soft and very runnable with almost no stones; the IOF Controller, Tuomo Peltola, estimates a racing speed of 6 - 6.5 minutes per km for the fastest H35's.

The mappers are the Tsche-garovski brothers, who also made the 1992 World Cup map.

## You will be safe!

We know many people from the West are apprehensive about coming to Russia because of the unstable situation. But as we see it, the situation here is not as bad or as dangerous as Western TV and radio makes it out to be. We are sure you will feel fine during your stay in Russia!

## ORIENTEERING IN

## PORTUGAL

### "TWO DAYS ANORT 95"

25th, 26th MARCH 1995

IN

-PATEIRA DE FERMENTELOS-  
(NEAR ÁGUEDA, 22 Km from AVEIRO)

\*\*\*\*\*

- 24th - Registration and opening ceremony
- 25th - Individual classic - 10.00 a.m.
- Tours - 15.00 p.m.
- Banquet and musical entertainment - 19.00 p.m.
- 26th - Individual classic - 9.00 a.m.
- Prizgiving - 13.00 p.m.

\*\*\*\*\*

New maps (IOF standards) for all events

\*\*\*\*\*

ORGANIZATION / INFORMATIONS:

**ANORT - Associação do Norte de Orientação**

Rua G - Bloco 1, r/c centro Esq  
Montes de Azurva - Eixo  
P-3800 AVEIRO - PORTUGAL  
Tel +351 34 931641  
Fax +351 34 382395



# IOF Council Meets in Southern France

Report by LENNART LEVIN

At Roquebrune s'Argens, a charming little city situated some 50km from Nice, the IOF Council held a meeting between 11-13 November. Incidentally, the meeting was the 90th in order since the inception of the IOF in 1961 - we are approaching the 100th session of the main body of world orienteering!

This time the venue was chosen to give Council an opportunity to attend a couple of major mountain-bike orienteering (MBO) events, the French Championships and the first-ever international match, the latter including 6 nations (see page 7).



Action at the Mountain Bike-O International  
photos: Rimantas Mikaitis

Council has noted, in recent years, the growth of several forms of orienteering, from MBO to rogaining, mountain marathon, city-O, park-O, trail-O, not to mention some perhaps more exotic varieties such as canoe-O, horse-O, sub aqua-O, cave-O and radio wave-O (the reader is invited to add to the list!). It was therefore natural that Council spent some time trying to sort out concepts and practices as well as IOF's role *visavis* this multitude of orienteering activities. Council thinks it is of importance, particularly in future development work, that other types of orienteering than the traditional Nordic - requiring highly-developed map-reading skill in feature-rich terrain - be considered. Council will ask the Development Committee to consider the matter further and come back with a proposal on how best to act within this broad spectrum of orienteering.

A final remark: the point was made that the terms 'orienteering on mountain-bike' and 'orienteering on ski' should be used, rather than the traditional 'mountain-bike orienteering' and 'ski-orienteering'. It was argued that the former terms stress, and rightly so, the orienteering component, whereas the latter focus on the material (bike/ski). A case for a linguist?

## Brit Volden New IOF Supervisor of Drug Test Procedures

The IOF Council appointed Brit Volden, renowned Norwegian elite orienteer and relay World Champion in the eighties, IOF supervisor of drug test procedures from 1996 onwards.

Brit is a pharmacist and a member of the doping commission of the Norwegian Confederation of Sports. Her professional background as well as her knowledge and experience as an orienteer at world top level undoubtedly grant best handling of the delicate drug test procedures.

Yvonne Caspari, current IOF supervisor, will serve up to and including the 1995 World Championships in Germany. Despite the fact that the job is demanding and often thankless, Yvonne has loyally and competently served for many years. In addition, she has prepared the ground for an equally competent person to take over. Council expressed its great satisfaction with the prospect of Brit continuing Yvonne's eminent work in this important area.

## Membership Fee Structure

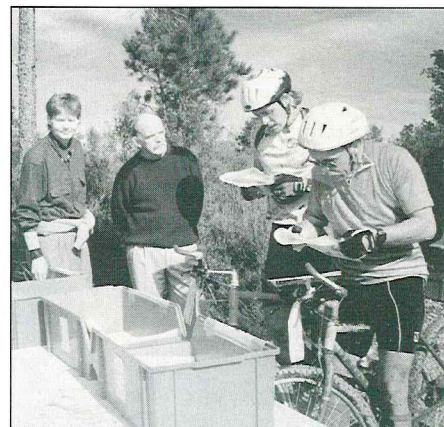
The annual fees paid to the IOF by the member countries have always been, if not a bone of contention, so at least a matter which has stirred up engagement and emotions. It is a well-known fact that the Nordic countries carry a heavy load, and it is an equally known fact that some countries have severe currency problems. Over the years, various formulae have been used to 'achieve justice'. Various parameters, carrying different weight from time to time, have been included in these formulae: number of O clubs in the country; number of

**IOF CALENDAR OF  
O-EVENTS, 1995-1997**

**AVAILABLE FROM THE  
IOF SECRETARIAT  
PRICE SEK 35,-**

orienteers (a very elusive measure, depending on how you define an 'orienteer'!); whether there is an office for orienteering; if so, how many employees there are; maps produced in a year; total annual national O budget; etc., etc.

Aware that there is (always) some dissatisfaction with the current system, Council decided, at its recent meeting, to initiate a review of the membership fee structure. Vice-President Sarolta Monspart (who is an educated mathematician!) and Council member Rimantas Mikaitis were commissioned to propose a new fee structure for Council to consider at its next meeting, leading up to a Council proposal to the 1996 IOF Congress.



Sue Harvey and Hugh Cameron at the  
mountain bike-O international match

## Veteran World Cup Every Year

Council has noted some concerns regarding the fact that the VWC is being organised every year. The main argument seems to be that the event loses status and attraction by being an annual event. Every other year - as was the case between 1988 and 1994 - is, at least in some quarters, held to be the proper timing.

Discussing the matter, Council did not find the views expressed motivating any change in the current, apparently popular schedule (over 3,000 competitors in Scotland at this year's VWC).

## Harmonised Rules

Publication of the new rules for international orienteering events, announced for August, has been somewhat delayed. However at its recent meeting the IOF Council went through, and reached agreement, on a limited number of articles which were in need of clarification and final wording.

The term 'harmonised' implies that they contain a core of articles common to all IOF major events, and a number of articles which refer only to certain events. The new rules will be printed shortly and distributed to all Member Federations. Extra copies will be available at the IOF Secretariat at SEK 30 each.

WORLD CUP DECISIONS - PAGE 6



**CHRISTMAS GREETINGS**  
**from the IOF Secretariat**





# Navigation Against the Clock with Muscle Power for Movement

We are accustomed to thinking of orienteering as performed on foot or on skis. However, the attractive idea of 'moving with a map' can have a number of other forms, such as on bikes, in canoes, on horses or under water. The essence that unifies these different forms is navigation against the clock using muscle power for movement.

Changing the mode of movement allows us to have challenging orienteering courses over many types of land surface. The islanded lakes of Canada can become an orienteer's playground. Also, while classic orienteering on foot is ideal for the conditions found in northern Europe, taking bikes on the tracks in parts of the heavily tracked industrial centre of Europe, or the jungly vegetation of southern Europe and the tropical regions of the world, may well provide a more exciting alternative than running on them. For the fun is in making decisions at speed while balancing the mental and

physical effort.

For these various forms, the challenges of the competition, the skills required and the problems of organisation are largely the same. The difference is in emphasis. For example, fitness is always required, but which muscles need especial strength or endurance will depend on whether you are competing on foot, on a bike, in a canoe or on skis. Map skills are always needed, but in some forms route choice is pre-eminent while in others the interpretation of intricate land forms is the most vital.

Last weekend the IOF Council met in Fréjus, France and had the opportunity there to attend the first international orienteering event on mountain bikes. This stimulated a very lively discussion on forms of orienteering (including variations of orienteering on foot, like Park-O and Street-O). Regarding orienteering on mountain bikes, we decided to have a presentation and discussion on the

subject at the President's Conference next year, as orienteering on mountain bikes is of rapidly increasing interest among a number of our member federations, notably France and Spain.

Also at the Fréjus meeting, Council members received a report of the annual Congress of GAISF (the General Assembly of International Sports Federations), this year held in Monte Carlo in late October. Lennart Levin and I attended, and used the opportunity to develop our contacts with the leaders of the other international sports federations. While one has to admit that some aspects of the subject of the Congress - safety and sport - were not relevant, (compare orienteering with the safety problems of ice hockey, boxing or equestrianism!) it is important that orienteering is present and is seen as a full working partner in the world of international sport if we are to have the credibility to get into the Olympics, the Pan American, the Commonwealth or other multi-sport games.

Orienteering is already a part of the programme of the Masters Games which in 1994 attracted 25,000 competitors

from all over the world to Brisbane, Australia. The next Master Games, in 1998, will take place in Portland, USA. With orienteering a Masters sport *par excellence*, it is appropriate that I, as IOF President, was elected at this GAISF Congress to the Board of Governors of the Masters Games.

The above is an update on some of the things happening in the field of external communications. Similar progress is occurring on the internal communications front. Many will by now be familiar with our new internal newsletter, *Headlines*. It is Council policy to continue to send out *Headlines* on an irregular basis to those who are involved with IOF work. National Federations will shortly receive a request for the addresses of those to whom the federation believes *Headlines* should be sent.

Within the Council and Steering Committees, we plan to establish a faxed newsletter which the Secretary General will send out monthly. The idea is to help us all to keep in touch informally. Good internal communication like this is essential if orienteering is to continue its development.

**SUE HARVEY**

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### Vice Presidents

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Sarolta Monspart, Hungary

### Council Members

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Rimantas Mikaitis, Lithuania

Edmond Széchényi, France

Einar Undstad, Norway

Bruce Wolfe, USA

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### Events (EC)

### Mapping (MC)

### Ski-Orienteering (SC)

### Technical (TC)

### Trail-O (Trail C)

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EC: Geir Tveit, Norway

MC: Flemming Nørgaard, Denmark

SC: Veli-Markku Korteniemi,

Finland

TC: Barry McCrae, Australia

Trail C: Anne Braggins, Gt. Britain

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Belorussia	BLR	Latvia	LAT
Brazil*	BRA	Lithuania	LTU
Bulgaria	BUL	Macedonia*	MKD
Canada	CAN	Malaysia*	MAS
China	CHN	Netherlands	NED
Croatia	CRO	New Zealand	NZL
Cuba*	CUB	Norway	NOR
Czech Republic	CZE	Poland	POL
Denmark	DEN	Portugal	POR
Ecuador*	ECU	Romania	ROM
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Hungary	HUN	Switzerland	SUI
Ireland	IRL	Ukraine	UKR
Israel	ISR	United States	USA
Italy	ITA	Yugoslavia	YUG



# Orienteering/Ski-Orienteering and the Olympics - again....

by LENNART LEVIN, IOF Secretary General

The Olympic issue once again.... Haven't we had enough of this stuff in *Orienteering World* in recent years? You may remember former IOF President Heinz Tschudin's review, in *OW* 92/2, of the exertions - since decades back - of the IOF Council to get orienteering and/or ski-orienteering on the Olympic programme. You may also remember the more recent accounts in *OW* 94/3 of (a) IOF's presence at a meeting in Tokyo of the IOC sub-commission for the Winter Olympic Games, where Council member Einar Undstad, NOR, presented our application (and a smashing video!) for ski-O to become a part of the Winter Olympic Games in the year 2002, and (b) the pleasant report from the US Orienteering Federation that a series of orienteering events designed to attract Olympic Games spectators and get them excited about orienteering will be staged in conjunction with the 1996 Olympic Games in Atlanta.

Or you may have in fresh memory the last issue of *OW* where IOF President Sue Harvey informs us about the so-called Centennial Olympic Congress and where Veli-Markku Kortenien, FIN, the Chairman of the IOF Ski-O Committee, gives a detailed account of the so-called Olympic Project, intended to promote ski-orienteering as an Olympic sport, the sooner the better.

So, haven't we got our share of Olympiana for a while? Although I don't belong to those who think that informing two times is twice as efficient as informing once (by this formula, informing three times is 150% as efficient as informing two times, etc.), a few comments may not be amiss.

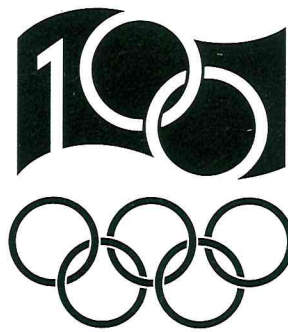
Where should the Olympic

ambitions aim, at orienteering or ski-orienteering? Heinz Tschudin concluded, in the article mentioned above: "And the Summer Games? In present circumstances, with the obvious tendency to a monster Games, this (i.e. getting orienteering into the Summer Olympics) is clearly out of the question". Is Heinz's comment valid today?

The opinion has been voiced that orienteering, provided the IOF did effective lobbying, might get on the programme of the Olympic Games in Sydney in the year 2000. There have been rumours that the IOC might want to include new sports for women only - so why not orienteering for women in 2000? In fact, such a 'half victory' would have been an astounding achievement. I am sorry to say, though, that at a recent meeting which I attended at the IOC Headquarters, Mr. Samaranch made it clear that the concept presented by the Sydney organisers (where, alas, orienteering is not part of the show) has been endorsed by himself and the IOC.

## Too Many Summer Sports

The point made by Heinz regarding the 'gigantism' (to use the word in vogue in IOC circles) of the Summer Olympics, is most valid today. At the IOC Centennial Congress, as well as at the recent General Association of International Sports Federations (GAISF) meeting, the problem of 'getting rid of' - rather than including more - sports, was prominent in all discussions about the future Summer Olympics. It became equally obvious - and a pleasant surprise to many - that the Winter Olympics would benefit from the inclusion of some new sports! Incidentally, even at the GAISF meeting in 1991



Marc Hodler, famous IOC Vice-President (IOC member since 1963!) in charge of the Winter Olympics, stated that the door was open for new sports - he explicitly mentioned ski-orienteering among them - at the Winter Games. Thus, however sad it may be for Olympic enthusiasts among orienteers, the conclusion is obvious: in the shorter perspective, the IOF should opt for ski-orienteering as an Olympic sport.

## Progress with Ski-O Bid

Needless to say, this conclusion has also been drawn by the IOF, and the 'Olympic Project', focusing on ski-orienteering as a part of the 2002 Winter Olympics, is under way. I will not reiterate what Veli-Markku Kortenien so competently wrote in the last issue of *OW*, but just add a couple of encouraging pieces of news:

At the meeting held at the IOC Headquarters in Lausanne mentioned above, I had the pleasure of handing over an invitation to Mr. Samaranch to attend a World Cup event in Savonlinna, Finland, in March 1995. Mr. Samaranch expressed an interest in learning something about ski-orienteering, of which he has seen nothing hitherto, and promised to come back with an answer. It transpired that the date for the event clashed with the heavy travel schedule of the IOC President, but Mr. Gilbert Felli, IOC Sports Director, will attend. Promising indeed, that the IOC inspects at close quarters the 'product' we

want to recommend for the Olympic arena.

It may be of interest to you to know that the concept 'demonstration sport' has been abolished. Either you are in as a fully-fledged Olympic sport, or you are out.

## New Features

A new feature is that the organising city, once it has been decided by the IOC, is given the right to propose new sports for the programme; negotiations leading up to the final decision may take approximately one year.

Another new feature is that all applying cities do not compete until the bitter end, but 4 are elected, after careful evaluation, for a final round. In 'our case' this all means that on 24th January 1995 five of the nine applying cities will be turned down. Which four will remain on the scene is of course difficult to say. What is *not* difficult to say is that some would be better suited to organising ski-orienteering than others.



The period between 24th January and 23rd June 1995, the latter the date when the IOC takes the final decision about the organising city, will be the crucial period for the IOF and its Olympic Project. During those five months ski-orienteering must be sold to all four cities as the *sine qua non* of the Winter Olympic programme. It won't help us much that ski-orienteering has been a 'recognised Olympic sport' since 1949; only arguments about its TV-friendliness, its high competitive level, its excitement to any audience - in short, its superiority as an Olympic sport - will count. Let us keep our fingers crossed!



## BOOK REVIEWS

**'Pathways to Excellence - Orienteering'** by Peter Palmer, ISBN 1 85137 015 3, 137 pages. Published by Harveys, price £9.95 + postage (see advertisement in this issue).

Peter Palmer started introducing young people to orienteering in the 1960's and in the subsequent 30 years has contributed more than anyone to building a coaching structure in Britain through which anyone with promise and ambition can obtain skilled coaching suited to their needs. He is a prolific writer on coaching techniques, and in this book we follow the progress of a fictitious family from the point when they discover orienteering, trying a forest permanent course whilst on holiday, through one daughter's experience of an introduction to the sport at school and the family's first try at an open event, to a point ten years on where each member of the family has found his or her 'niche' in the sport.

The 'Step by Step' method of learning is the keystone for the book, which parallels the family story with detailed sections on the skills being learnt at that stage of their experience and the most appropriate coaching and training

programmes. The role of the O-club is prominent throughout, and whilst most real clubs cannot match the range of activity of the fictitious one described here, Peter is always portraying 'best practice' based on his wealth of wisdom and experience and the strong belief that activity is always more productive in groups than alone. The ups and downs, the successes and disappointments of the different family members and the various stresses of family life which Peter describes are well known to regular orienteers around the world; the advice, which is provided for coaches, leaders and parents as well as individual orienteers, is based on well-established coaching and training principles and well-proven schemes and exercises and, it should be said, straightforward common-sense family up-bringing where young people are involved.

Whilst the book uses a British model, the advice and suggestions given are valid in any country and

an orienteer from any nation who reads this book will gain much inspiration and motivation and undoubtedly pick up Peter's infectious enthusiasm - already passed on to those who have attended recent O-Ringen Clinics, and courses in places as far apart as Bulgaria and Hong Kong.

Separate chapters cover simplification, relocation, route choice, compass skills, contours, psychology, how to plan for individual development, physical training and achieving one's best in races. Many diagrams, map extracts and photographs illustrate the wealth of material included. Appendices include the recommended content of club coaching courses and a variety of incentive schemes to focus orienteers' ambitions as well as a useful short bibliography.

This well-written book is a major contribution to present-day orienteering literature. *Clive Allen*

**'O-Ringen i Europa'** by P-O Bengtsson and Carl Gustaf Berm. The story of 25 years of 'Höst Öst' journeys. 208 pages. Published by WWOP, Box 3, S-297 02 Everöd, Sweden. Price SEK 240,- excluding postage.

O-Ringen, the organisation of elite orienteers in Sweden, has created

two annual institutions - the Swedish 5-Days every July, now with its associated international clinics, and the Höst Öst tour every autumn. Both have achieved much for orienteering's development and expansion.

This book, written in Swedish, tells the story in words, 73 colour maps and 161 eye-catching pictures, of the first 25 years of Höst Öst. The first such tour was in November 1966 to Budapest, and tours have been arranged every year from 1969 onwards, most visiting several European lands but some tours getting further afield.

The accounts provide an interesting and often amusing journey through orienteering history with tales of events long ago and of the cultural (?) experiences of Nordic orienteers as they find themselves in lands where some sources of refreshment and entertainment are more readily available or cheaper than at home.

Many funny and exciting incidents are recalled along with the competitive successes often achieved and, perhaps most important, the international contacts set up which have led to these tours making an important contribution to international orienteering development.

*Clive Allen*

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JÜRGEN SCHWANITZ reports a case of

## Police On The Run

Every 4 years the Union Sportive des Polices d'Europe (USPE) organises European Championships in about 12 different sports. At these events only male and female officers are allowed to



Ivars Zagars, Latvia

start who are members of the regular police forces of an official USPE member and do not belong to a para-military organisation or the army of that member.

In 1990 the first championships in European police orienteering were held near Örebro (Sweden), and this year's competition was arranged in early September near Hjørring in north Jutland, Denmark. 82 competitors came from 10 USPE member countries to take part in individual and relay competitions.

In a terrain with many short ascents and detailed contour-

ing, the 11km men's course was won by former junior world champion Ivars Zagars of Latvia with a margin of more than 6 minutes over Anders Ingemarsson (Sweden). Hannu Helminen of Finland was third. Danish national squad runner Jane Nielsen was favourite to win the women's race over 6.8km, and she was fastest over most of the course, but was in the end beaten in a thrilling finish by just 4 seconds by the Latvian Iveta Bruvere. Third was Elin Nissen of Denmark.

In the relay, the Danish women had a convincing win by 20 minutes over Sweden and Finland, whilst the Swedish men had a rather narrower victory over Latvia and Norway.

The second European Championships were a great success



Iveta Bruvere, Latvia  
photos - Jürgen Schwanitz

due to skilful organisation and strong competition. The 'new' runners from Belgium, Bulgaria, Ireland and Poland did not rank in the top places but competed at a good standard. In 1998 the best police orienteers will meet again - probably with even more USPE members.

## 5th International Scientific Symposium

by SUE WALSH, Sports Psychologist, UK

The venue for the 5th IOF Symposium was the Swiss National Institute of Sports Sciences in Magglingen. 55 participants from 15 different countries attended. The Institute provided an appropriate centre in an impressive setting on the southern slopes of the Jura mountains facing the Bernese Oberland, although the potentially impressive views of the mountains were generally shrouded in low cloud and visibility was limited by heavy rain.

After a welcoming address by Heinz Tschudin as representative of the IOF, Roland Seiler opened the proceedings by highlighting the advances in Sports Science and the advantages of combining sports research and coaching techniques to provide appropriate support for the orienteer. The presentations which followed could generally be divided into five themes: the development

of educational resources and materials, physiological factors of health and injury, methodologies of fitness assessment, training and the current trend of using heart rate monitors, and the psychological factors which affect performance.

Orienteers who are interested in the details of any of the presentations should subscribe to the Scientific Journal of Orienteering, the publication of the IOF Scientific Group, for full transcripts from the symposium. However here are more details from a selection of the presentations to whet the appetite! Olli Heinonen presented the Finnish response to the sudden death syndrome which devastated Swedish orienteering and discussed the findings which have so far been released. Timo Karpinnen presented his research findings based on analysis of data collected from his performance prior to and during the 1993 WOC.

Thomas Moser and the Norwegian research group presented their preliminary findings on the aerobic and anaerobic demands in competitive orienteering; this stimulated a prolonged discussion which extended to another session. The Swiss representatives outlined their inter-disciplinary approach to coaching and the way they are developing physiological and psychological support for their elite orienteers. A welcome contribution from the Italian representatives considered methodologies for

assessing leg strength and the use of circadian rhythms. Some exciting and stimulating educational materials were reviewed by Hansueli Mutti, and Sue Walsh outlined the research and development of coaching materials that she and Jim Martland were involved in for the British federation through the medium of the Sports Science Support Programme.

The symposium was sponsored by Polar Electro Finland and Switzerland, Acusport Bohoringer-Mannheim and Recta Compass AG. The symposium would not have been an outstanding success were it not for the generosity and hospitality of the Sports Institute, its Director H. Keller, and Toni Held and his team of supporters, particularly Madleine Krebs whose unlimited patience was instrumental in co-ordinating this exciting multi-national occasion.

The next symposium will most likely take place in Oslo after the 1997 World Orienteering Championships.

### SCIENTIFIC JOURNAL OF ORIENTEERING

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from the IOF Secretariat,  
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or from OW agents -  
ask for local price



## 'TOP 15' Starting Groups in 1995 World Cup

At the Ski-Orienteering Steering Group meeting in Stockholm on 15-16 October, new rules for next year's World Cup in Ski-O were agreed.

In Event 1 in Borovetz, Bulgaria on 15th January, the competitors will be placed in three starting groups, with a maximum of 2 from each Federation in each group.

From Event 2, in Tauplitz, Austria on 19th January, there will be a fourth group consisting of the fifteen overall best-ranked runners. This group will be called 'TOP 15'.

That means that in the last 7 events the 15 best ranked competitors will be in the same starting group, both for men and for women. This will provide a more exciting race both for the media and for spectators. At the Final in Savonlinna, Finland the IOC Sports Director, Mr. Gilbert Felli, has said he will attend.

*The new 'Top 15' rule along with the rules for the World Cup Relays were approved at the November IOF Council meeting and are therefore valid for 1995.*

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## 1994-95 SKI-O FIXTURES

The 1995 Ski-O World Cup events are excluded from this list. The entry closing date is shown at the end of the event name. Then follows the type of event: I - individual, S - short distance, R - relay. A number shows the number of days, e.g. 2I/R means 2-day individual followed by relay.

### DEC

18

#### Alpen Cup, Trento, Italy

FISO, Corso 3 Novembre, I-38100 Trento, Italy  
+39 461 916 900

### JAN

7, 8

#### Swedish Grand Prix, Malung, Sweden (27/12/94) S/R

Ingemar Kyhlberg, Loftvägen 3, S-782 35 Malung,  
Sweden +46 280 13293

9, 10

#### Map-Compass Cup, Shiroka poliana, Bulgaria I/S

Plamen Denev, Kv. Razsadnika bl. 20, vh. B, et. 5,  
ap. 54, 1330 Sofia, Bulgaria +359 2 721 401

21, 22

#### Pohjola Games, Lappeenranta, Finland (10/1) S/I

Seppo Hakuli, Yrjönkatu 11/17, SF-53100 Lappeenranta,  
Finland +358 53 451 2915

28, 29

#### Swedish Grand Prix, Jämtspelen, Östersund, Sweden

(16/1) I/R Niklas Eriksson, Midgårdsgatan 5C,  
S-831 45 Östersund, Sweden +46 63 12 19 68

28, 29

#### Open Slovak Alpen Cup, Banska Bystrica, Slovakia

(10/1) I/S Juraj Nemec, Pieninska 19,  
97400 Banska Bystrica, Slovakia +42 88 736 135

### FEB

11, 12

#### Due Giorni d'Italia, Sondrio, Italy I/S

FISO, Corso 3 Novembre, I-3310 Trento, Italy  
+39 461 916 900

18, 19

#### Swedish Grand Prix, Borensberg, Sweden (6/2) S/R

Fredrik Broomé, Minkgatan 36B, S-590 30 Borensberg,  
Sweden +46 141 40575

### MARCH

12

#### Snow Toukola, Tampere, Finland (15/2) R

Epilnä Esa, Mr. Juha Huttula, Jokioistentie 15,  
SF-36270 Kangasala, Finland +358 31 770 689

25, 26

#### Swedish Grand Prix, Mora, Sweden (13/3) I/R

Peter Fredricson, Sysvågen 6, S-792 37 Mora, Sweden  
+46 250 387 29

### APRIL

14-16

#### Lapplands Ski-O Days, Kolari, Finland (31/3) 2I/S

Ylläksen Matkailu, SF-95900 Kolari, Finland  
+358 695 61721

### Jury Members, 1996 Ski-O WOC

The IOF Council has ap- pointed the Jury of the 1996 World Championships in Ski- O at Lillehammer, Norway. It is as follows:	Karl Lex Ojars Millers Kimmo Määttä Juraj Nemec Torbjörn Osterling	AUT LAT FIN SVK SWE
--	--	---------------------------------

### MAP OFFER

#### 1994 Ski-O World Championships

The Organising Committee of the World Championships in Ski-Orienteering 1994 offers the Ski-O WOC '94 maps for purchase at the following prices:

- set of all 7 maps	L. 30,000
- sheet with 3 maps (Regole-Penegal, Malga di Brez, Mendola-Campi Golf)	L. 12,000
- single maps (each)	L. 5,000

Requests should be sent to:

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Piazza S. Giovanni, 14, I-38013 FONDO, Italy  
Fax no. +39 463 83 01 61

with the amount corresponding to the maps requested (or with copy of  
payment made on bank account no. 0/2124 of the Cassa Rurale di  
Fondo), plus L. 5,000 to cover postal costs.



## Brian Parker's 'Classical Allusions' in the September issue set two more readers thinking... *Some Quotations to Muse Over*

New Testament, 1 Corinthians,  
chapter 9, verse 24:  
*Know ye not that they which run in a  
race run all, but one receiveth the prize?  
So run, that ye may obtain.*

Homer, Odyssey:  
*Poor you, why are you running stupidly  
in all directions in these forest-covered  
mountains?*

Franz Kafka:  
*Don't spend your time looking for a  
difficulty - maybe there isn't one.*

John Steinbeck:  
*You lose the most time because you want  
to gain time.*

Saying from China:  
*Don't be concerned that you are walking  
slowly; only get worried if you are  
standing still.*

Theodor Storm:  
*...and as I am wandering around in the  
dark, big forest  
a high-pitched voice shouts to me:  
"Rudolf Reindeer", it calls, "old  
fellow,  
lift up your legs and get a move on!"*

Theodor Fontane:  
*Who has a foot which has never made a  
false step; who can say he has never lost  
his way?  
Consider what you have succeeded in,  
and then rouse yourself again.*

Ernst Wiechert:  
*You are only alone if you have lost your  
compass.*

Alexander Spoerl, 'The other people':  
*Foresters are distrustful of all fast-  
moving people - unless they are hunters.*  
Werner Flühmann

## *The Cure*

I was reminded of the day last summer  
when, driving along a green-canopied  
road to the first day of the 'Grand Prix  
Polonia' at Lubniewice I was listening to  
The Cure on the car stereo. The track was  
'A Forest' on the 'Concert' collection.  
What was it that Smith was singing....

*"Hear her voice,  
start to run,  
into the trees,  
into the trees..."*

Pretty good. Then, a bit further on:

*"Suddenly I stop -  
I know it's too late -  
I'm lost in the forest, and alone.  
The goal is never there -  
It's always the same -  
I'm running towards nothing  
Again and again and again..."*

An orienteer's lament! With the beat stuck  
in my brain, I went on to run my best race  
of the season.

Mark Sylvester, Duino (TS), Italy

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# The Ups and Downs of a Secretary General

by LENNART LEVIN

The Secretary General writing about the Secretary General sounds rather narcissistic, of course. However, I would like to share with the reader two hilarious (?) notes which I came across recently in two so different publications as *StOF-Nytt* (the O magazine published by the Stockholm regional Orienteering Association) and *Orienteering North America*.

## On the one hand ...

The former had an account of a recent Russian visit at three

consecutive orienteering events in the Stockholm district (a night event on Friday plus day events on Saturday-Sunday). The leader of the Russian group is said to have asked for the IOF Secretary after the last event on the Sunday. "Why?" asked the surprised meet director, who probably didn't know about my existence. Well, the Russian wanted to thank me for events excellently organised.... Needless to say, my vanity was bolstered by the misconception that the IOF Secretary is soaring over

everything that takes place in the orienteering world.

## But on the other ...

*ONA*, the August issue, informs the reader that this summer's IOF Congress decided to eliminate the position of Secretary General (!). However, the tale goes on, "the current Secretary General, Lennart Levin, who will retire in 4 years, will continue to carry out the duties till then".

The facts are, for good or bad, that the SG position is

still there and has not been questioned. The SG is employed by Council for two years at a time. Thus the current agreement runs until the IOF Congress in 1996 (in Israel, incidentally). Beyond that date, nothing has been discussed, let alone decided!

### KEEP TRACK OF THE ACTION DOWN UNDER!

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## Letter to the Editor

### The Veteran World Cup

#### The number of competitors in the A-Finals

To get into the A-final is the premier goal for most of the participants in the VWC (performing well in the final being the second).

Sometime in the past someone has decided that the number of competitors in each final should not exceed 80. The result of this decision is that for the majority of competitors in the large classes, the VWC is over when the second qualification race is over. The Final event becomes an anticlimax. The number of competitors in the A final should, because of this, be as high as is possible.

In Aviemore the start-period in the Final event lasted from 0900 to 1300.

Since a start interval of 2 minutes was used, 120 could have been in the A-final!

If the start-period at the Final event had lasted for 5 hours as did the qualification events (0900 to after 1400), 150 competitors could have started in the A-final (and the number of qualification groups could have been reduced!) I kindly request the people in charge of the VWC in IOF to look into the possibility of increasing the number of competitors in the A-final to at least 120 or preferably 150 keeping the 2 minutes start interval. Otherwise I predict that the number of participants in the large age classes will diminish over time due to the low probability of getting into the A-final.

**Magne Klovning**  
Porsgrunn, Norway

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Trail-O can take different forms, according to the capabilities of the participants. The form originating in Nordic lands concentrates on map reading and control selection, whereas Trail-O in some other countries demands physical skills too. Here is

## Trail-O, Czech Republic Style

On the day between the two World Cup Finals, the Czech Trail-O Championships were held in Jicín using a 1:6,000 O-map of a quiet residential district containing a small area of woodland with rough paths. 13 men and 5 women, all in wheelchairs, took part in the event, starting at 3-minute intervals on timed courses; normal control equipment was used and competitors punched control cards in the normal way. A small number of controls had 'false' markers placed on alternative sites somewhere near, and punching the wrong control incurred a 5-minute time penalty.



Physical help was available only on the woodland section, where competitors were given a helping push if they got stuck. Several controls as well as two busy road crossings were manned. The competitors had to employ normal orienteering skills for route choice and control finding as well as physical skills in manipulating their wheel chairs along roads and paths and up and down gentle slopes as fast as they could.



IOF President Sue Harvey presents the prizes



Which route did you take...?  
photos: JCA

The start and finish were in the town's stadium and on a fine and sunny day everyone completed their courses successfully. Winner of the women's course was Jarmila Mrtková in a time of 38.18; The fastest time on the men's course was set by Bohumil Mrva with 33.44, but a 5-minute penalty pushed him into second place behind Petr Krystek whose time was 37.30. Prizes were presented by IOF President Sue Harvey.

### NEW IOF TRAIL-O LOGO



This new IOF Trail-O Logo replaces the previous version which was 'borrowed' from the Swedish Federation. Originals can be obtained from the Trail-O Chairman Anne Braggins (tel. +44 763 260333) or the IOF Secretariat.

### Full Circle

IOF Trail-O Chairman ANNE BRAGGINS experienced a new form of car rally in Germany

When I was first introduced to orienteering it was described as being like a car rally, only on foot. Now I have been orienteering by car!

At the end of April the Trail-O Group met in Germany. Besides the normal meetings and the first Trail-O event in the Köln area, a day was taken to visit the area proposed for the Opening ceremony of WOC '95 and the associated Trail-O competition in Bad Salzuflen, a very interesting venue. After the official business the group went with Peter Gehrmann to try the sort of Trail-O course that he has been providing for a group of wheelchair users for 8 years. We, however, competed in teams of two in our cars, the driver following the navigator's instructions however rough the track appeared - at one stage our route choice meant that we followed a flock of goslings! Peter lives in an area where there are quiet country roads that can safely be used by people in wheelchairs, and the locals come out to support the competitors; maybe Peter being the local policeman also helps!

Peter in earlier years provided a long race with route choice and the competitors were timed, then an untimed shorter race was introduced for those without the physical ability to race far. This year the controls will be multi-choice as well.

WOC 95 week will provide the opportunity for both the marathon-type timed Trail-O and the forest kind suited to a wider range of disabled people.





# INTERNATIONAL FIXTURES LIST



This list includes major events in the 1995 IOF Calendar including all events up to Easter. The entry closing date is shown at the end of the event name, e.g. 'LOF-Open, C  sis, Latvia (15/4)' indicates a closing date of 15th April. Then follows the type of event: I - individual, S - short distance, R - relay, N - night event, N+D - night and day event. A number shows the number of days, e.g. 2I/R means 2-day individual followed by relay. Line 2 gives the contact address and telephone number.

## MARCH

- 3-5 **OK Pan-  nos weekend, Kristianstad, Sweden (25/2)**  
N/R/I OK Pan-  nos, Box 5009, S-291 05 Kristianstad, Sweden +46 44 12 08 16
- 4, 5 **VII Murcia Costa Calida, Murcia, Spain (25/2) 2I**  
ADMCON, Apdo 59, E-30840 Alhama, Murcia, Spain +34 68 80 79 15
- 17-19 **Spring Cup '95, Hiller  d, Denmark (20/2) SN/I/R**  
Carsten Dahl, Dyrehavevej 23, DK-3400 Hiller  d, Denmark +45 48 24 23 06
- 18, 19 **VIII Martin Kronlund Trophy, Madrid, Spain (8/3) 2I**  
ADYRON, Urb. Montellano Pza. Adelinas 4, E-28490 Becerril de la Sierra, Madrid, Spain +34 18 16 07 92
- 25, 26 **ANORT 95, Aveiro, Portugal (5/3) 2I**  
ANORT, Rua G - Bloco 1, r/c centro Esq. Montes de Azurva - Eixo, P-3800 Aveiro, Portugal +351 34931641

## APRIL

- 1, 2 **Mecsek Kupa, P  cs, Hungary (1/3) 2I**  
G  bor Pavlovics, Lahti u. 14, H-7632 P  cs, Hungary +36 72 325 755
- 13, 14 **OK Pan-  nos, Kristianstad, Sweden (4/4) S/I**  
OK Pan-  nos, Box 5009, S-291 05 Kristianstad, Sweden +46 44 571 39
- 13-15 **P  ske 3-days, J  tland, Denmark (9/2) 3I**  
Helle Truelsen, Naurvej 16, DK-7500 Holstebro, Denmark +45 97 43 23 39
- 14-16 **USV Dresden 3-Tage, Germany (1/4) 3I**  
Joachim Gerhardt, Kresseweg 11/603, D-01169 Dresden, Germany
- 14-17 **NZ Championships, Pukekohe, New Zealand (28/2) I/S/R**  
John Robinson, P.O. Box 575, Pukekohe, New Zealand +64 9 238 6911
- 14-17 **Jan Kjellstr  m Trophy, Harrogate, England (25/3) 2I/R**  
JK 95, 23 Stopford Ave., Sandal, Wakefield, England WF2 6RH +44 1924 258 579
- 15, 16 **Post  s Kupa, Budapest, Hungary (12/3) 2I**  
K  zdy Bal  zs, Dunakeszi u. 19, H-1046 Budapest, Hungary +36 1 1808 219 (evening)
- 15-17 **Australian 3-Days, Toowoomba, Queensland (1/2) 3I**  
OFA, P.O. Box 740, Glebe 2037, Australia +61 2 660 2067
- 15-17 **3 Jours Sud-Ouest Lege, Claovey, France (2/4) 2I/R**  
LACO 3J 1995, 107 Ave. Marcel Dassault, F-33700 Merignac, France +33 56 34 47 48
- 22, 23 **V  rstafetten & V  rspretten, Halden, Norway (26/3) R/I**  
  ivind Holt, B  stadlundvn. 46C, N-1781 Halden, Norway +47 6918 2853
- 29-1/5 **Saxbo 95, Zittau (GER) & Liberec (CZE) (15/4) 2I**  
Libor Bedarik, VSK Liberec, Aloisina Vysina 632/18, CZ-46015 Liberec 15, Czech Republic +42 48462125
- 29-1/5 **3 Jours de Lozere, Mende, France (7/4) 2I/S**  
Ligue L.R.C.O., 200 Ave. du Pere Soulas, Maison des Sports, F-34094 Montpellier, France +33 67 79 06 61

## MAY

- 6, 7 **Tiomila,   kersberga, Stockholm, Sweden (22/3) R(N+D)**  
Stockholms OF, Svetsarv  gen 4, S-171 41 Solna, Sweden +46 8 782 62 77
- 12-14 **LOF-Open, C  sis, Latvia (15/4) 3I**  
LOF, Terbatas 4, LV-1723 Riga, Latvia +371 2 293 663
- 19-22 **Vilnius '95, Lithuania (15/4) 4I**  
OK Perk  nas, P.B. 455, LT-2007 Vilnius, Lithuania +370 2 696 632
- 29-2/6 **Veteran World Cup, St. Petersburg, Russia (1/3) 3I**  
VWC '95, P.O. Box 170, St. Petersburg 195267, Russia fax +7 812 530 9882

## JUNE

- 3-5 **3 Days of Belgium, Amel, Malmedy, Belgium (15/4) 3I**  
N.S.V. Amel, Deidenberg 144, B-4770 Amel, Belgium +32 80 340 428
- 3-5 **Panthersprung 1995, Deggendorf, Germany (10/5) 3I**  
J  rgen Schwanitz, S. Huber-Str. 4, D-94526 Metten, Germany
- 10, 11 **Venla & Jukola Relay, Sipoo, Helsinki, Finland (30/4) R(N+D)**  
Ossi Honikasalo, Lapilantie 8B 12, SF-04200 Kerava, Finland +358 0 248 155
- 23-25 **Shamrock O-Ringen, Killarney, Ireland (9/6) 3I**  
B & M Creedon, Mount Prospect, Douglas, Co. Cork, Ireland +353 21 361 824
- 30-2/7 **Grand Prix Gdynia, Poland (30/5) 3I**  
WKS 'Flota', ul. Zygmuntka Augusta 2, 81-301 Gdynia, Poland +48 58 201 820
- 30-2/7 **Norsk O-Festival, Bod  , Norway (22/5) S/I/R**  
Steinar Skogstad, Galn  sen 54, N-8024 M  rkved, Norway +47 75 56 09 02

## JULY

- 5-9 **Takas 95, Bijote, Lithuania (15/5) 5I**  
OK Takas, Post Box 558, LT-3031 Kaunas, Lithuania +370 7 206 326
- 7-9 **Liguria '95, S, Stefano d'Aveto (Genova), Italy (30/5) 3I**  
Sci Club S. Stefano d'Aveto, Piazza del Popolo 4, 16049 S. Stefano d'Aveto (GE), Italy +39 185 88220
- 7-9 **Wawel Cup, Kroczyce, Poland (30/5) 3I**  
WKS 'Wawel', ul. Bronowicka 5, 30-901 Krakow 50, Poland +48 12 372 664
- 8 **World Night-O event, Budapest, Hungary (15/5) N**  
Magyar T  jfut  , Sz  vets  g, Pf 614, H-1374 Budapest, Hungary +36 1 113 64 88
- 9-15 **S  rlandsgaloppen, Porsgrunn, S. Norway (31/5) 6I**  
Kjell Meen, Box 131, N-3701 Skien, Norway +47 35 501412
- 10-15 **FIN 5, Lappeenranta, Finland (30/4) 5I**  
Ari Torniainen, R  nnikorventie 10, SF-53830 Lappeenranta, Finland +358 53 290 85
- 11-15 **5 Jours de France, Hauteville, l'Ain, France (1/5) 5I**  
Comite de l'Ain, 47 les Grandes Raires, F-01 320 Chalamont, France +33 746 173 97
- 15-23 **Canada '95 Int. 5-Day, Edmonton/Calgary, Canada (1/7) 5I**  
Canada '95, Box 69082, Edmonton, Alberta, Canada T5L 4Y0 +1 403 455 1916
- 20-23 **I-4-EST, J  neda, Tapa, Estonia (23/6) 4I**  
Estonian OF, Regati 1, EE-0019 Tallinn, Estonia +372 2 237 021
- 21-23 **Sj  llandsk 3-dages, nr. Copenhagen, Denmark (21/6) 3I**  
Lars J  rgensen, Hyldeg  rdsvej 5, Ganl  se, DK-3660 Stenl  se, Denmark +45 42 18 10 98
- 24-28 **O-Ringen '95, H  ssleholm, Sk  ne, Sweden (1/3) 5I**  
O-Ringen Sk  ne, Box 1995, S-281 28 H  ssleholm, Sweden +46 451 67 245
- 30-3/8 **Hung  ria Kupa, Eger, Hungary (30/5) 5I**  
Egri Spartacus, dr. Nagy Arp  d, Eger Pf. 231, H-3301 Eger, Hungary +36 36 310 861
- 30-5/8 **Scottish 6-days, Strathspey, Scotland (30/6) 6I**  
Strathspey '95, 40 Ormidale Terrace, Edinburgh, Scotland, U.K. EH12 6EF

## AUGUST

- 6-10 **Bohemia 95, Novy Bor, Czech Republic (15/5) 5I**  
OK Jiskra, c/o Ber  nek Miroslav, Sadov   745, CZ-437 01 Novy Bor, Czech Republic +42 424 31 937
- 25-27 **Grand Prix Polonia, Skwierzyna, Poland (15/7) 3I**  
Okregowy Zwi  zek Biegu na Orientacjie, ul. Laciarska 4, 50-104 Wroclaw, Poland +48 71 446 141



# Events Noticeboard

## Winter Training in Spain

There are now 70 maps across the whole of Spain available for winter training by groups of visiting orienteers; many have permanent courses. As in previous years, the Seville area has the most facilities, and competitions are held in the area at least monthly throughout the winter. All-inclusive programmes can be arranged; you can take lessons in Spanish, learn the flamenco and go hot-air ballooning, for instance, as well as orienteer! Details of this popular club and group destination from 'Orientavia', Fray Diego de Cádiz 18, 41003- Sevilla, Spain, telephone and fax +34 5 490 3911.

## 'Pearl of Poland'

The Wawel Cup in early July always gives good value, and is the biggest annual event in Poland. In '95 it will be based on Kroczyce, about 60km from Krakow in the middle of the fascinating limestone Jura region, the 'pearl of Polish landscape', and uses areas remembered from the 1990 World Cup. An especially good reason to go this year! Address for further details - see advertisement.

## Canada '95 - by the Rocky Mountains

This 2-week festival in mid-July begins in British Columbia in high hills with some forests and sage terrain, continues in the Edmonton area with fast running on sandhill glacial moraine, moves south to the picturesque Red Deer River Valley with highly detailed erosion and 'badlands' terrain, and ends in the forests along the Rocky Mountain foothills west of Calgary. 8 days of

orienteering competition plus limitless sightseeing and mountaineering opportunities! The brochure will certainly whet your appetite - see advertisement in this issue.

## Scottish 6-Day on VWC Terrain

If you wish to (re-)acquaint yourself with the highly acclaimed 1994 Veteran World Cup terrain, Strathspey is the place to be from 30 July to 5 August next year. The extensive VWC Final area is used twice, you will run in Rothiemurcus and Inshriach, and two new areas will be used. The event centre this time is in Kingussie. The popular 3 + 3 format (rest day in the middle) with 4 events counting will again be used. Cheap-rate entry closing date is 31st January.

## 2nd World Rogaining Championships

One of the first acts of the newly-formed International Rogaining Federation was to award Australia the 2nd World Championships - the first was held in Victoria in 1992. The event will be held in Western Australia over a 24-hour period on Saturday 31 August and Sunday 1 September 1996. The general location will be announced early in 1995. Other rogaines and orienteering events will be held in conjunction with the Championships. Further information when available can be obtained from Maggie Jones, PO Box 369, Nedlands, Western Australia 6009.

The first rogaine in Great Britain was organised in southern Scotland this autumn, and Hong Kong is about to hold its first event.

## FINAL WORLD CUP RANKINGS

**MEN:** 1. Petter Thoresen NOR 183, 2. Janne Salmi FIN 176, 3. Mika Kuisma FIN 171, 4. Håvard Tveite NOR 170, 5. Carsten Jørgensen DEN 169, 6. Jörgen Mårtensson SWE 167, 7. Rudolf Ropek CZE 165, 8. Johan Ivarsson SWE 165, 9. Chris Terkelsen DEN 163, 10. Steven Hale GBR 158, 11. Bjørnar Valstad NOR 148, 12. Lars Holmqvist SWE 147, 13. Alistair Landels NZL 143, 14. Allan Mogensen DEN 138, 15. Timo Karppinen FIN 131, 16. Jon Tvedt NOR 130, 17. Tomás Prokes CZE 128, 18. Thomas Bühner SUI 127, 19. Kjetil Bjørlo NOR 127, 20. Sixten Sild EST 122, 21. Kaj Roine FIN 121, 22. Arto Rautiainen SWE 117, 23. Stephen Palmer GBR 115, 24. Dominik Humbel SUI 100, 25. Alain Berger SUI 95, 26. Edgaris Voveris LTU 90, 27. Andreas Rangert SWE 90, 28. Per Ek SWE 89, 29. David Peel GBR 84, 30. Flemming Jørgensen DEN 78, 31. Jimmy Birklin SWE 75, 32. Petri Forsman FIN 74, 33. Rob Jessop NZL 71, 34. Petr Vavrys CZE 68, 35. Jonathan Musgrave GBR 66, 36. Joakim Ingelsson SWE 65, 37. Kornel Ulrich SUI 65, 38. Olivier Coupat FRA 64, 39. Reijo Mattinen FIN 61, 40. Yuri Emaldynov RUS 60, 41. Steve Nicholson GBR 57, 42. Ants Grende LAT 57, 43. Anders Bjørnsgaard NOR 55, 44. Ivars Zagars LAT 52, 45. Christopher Plattner SUI 51, 46. Jozef Pollák SVK 51, 47. Thomas Hjerrild DEN 49, 48. Daniel Giger SUI 49, 49. Warren Key AUS 43, 50. Tore Sandvik NOR 42, 51. Aigars Leiboms LAT 42, 52. Petr Boranek CZE 42, 53. Michael Thierolf GER 42, 54. Nikolai Anori RUS 41, 55. Libor Zřidkavský CZE 41, 56. Svajunas Ambrasas LTU 39, 57. Tomás Podmolik CZE 37, 58. Kenneth Cederberg FIN 35,

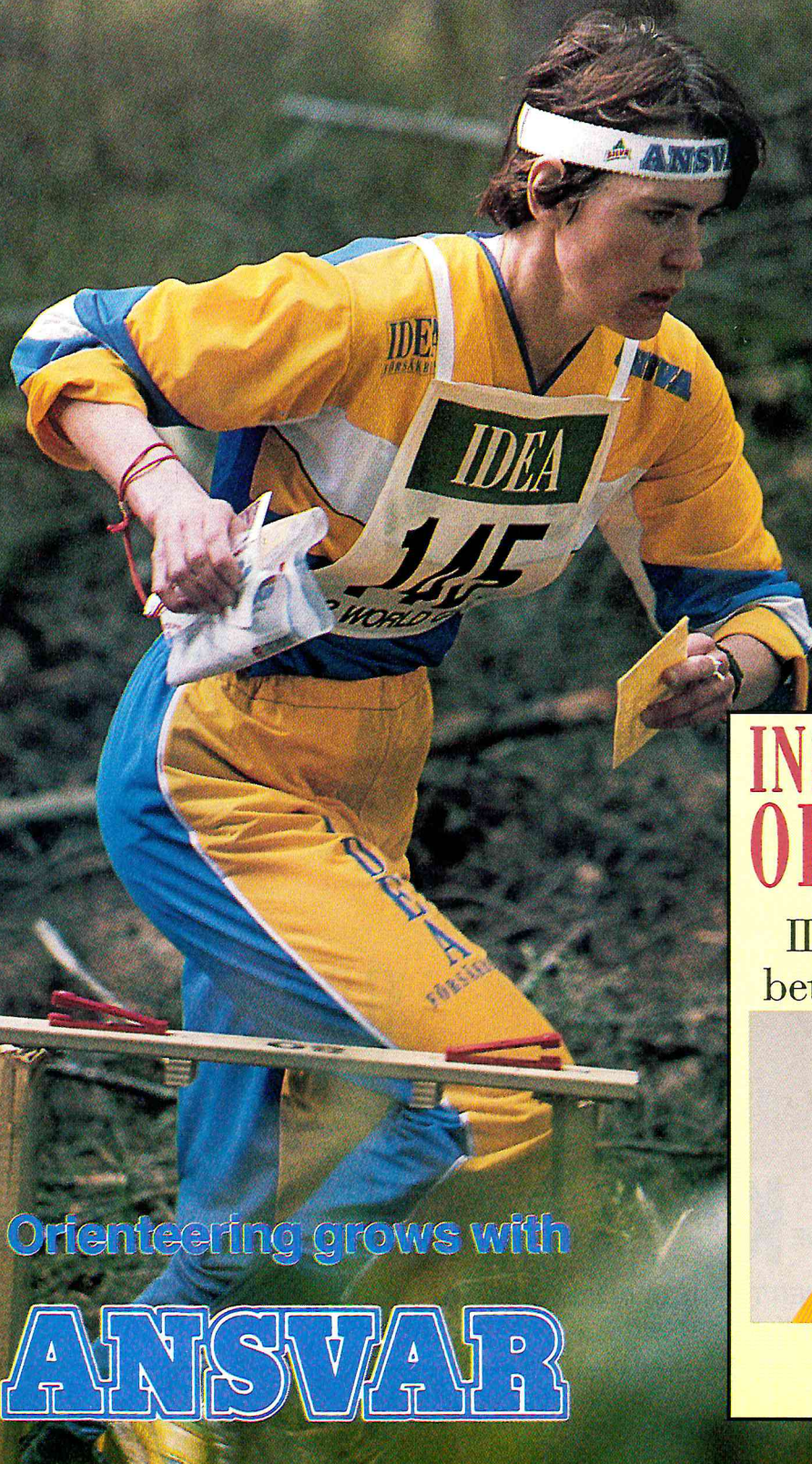
59. Thomas Jensen DEN 30, 60. Torben Skovlyst DEN 27, 61. Lothar Halder GER 26, 62. Rolf Breckle GER 25, 63. Sören Nymalm FIN 21, 64. Greg Barbour NZL 20, 65. Grant Bluett AUS 20, 66. Darren Ashmore NZL 19, 67. Per Olaussen NOR 19, 68. Jean-Daniel Giroux FRA 17, 69. Dickie Jones GBR 15, 70. Christian Hanselmann SUI 14, 71. Daniel Hotz SUI 14, 72. Piotr Czajkowski POL 13, 73. Rasmus Ødum DEN 12, 74. Kimmo Liljeström FIN 12, 75. Alexandr Klochov RUS 10, 76. Eric Perrin FRA 9, 77. Mikael Boström FIN 8, 78= Radoslav Jonas SVK & Alexei Nikitin RUS 7, 80. Rene Ottesson EST 6, 81= Thomas Krejci AUT & David Melrose NZL 5, 83. Heiko Gossel GER 5, 84= Violas Armalis LTU & Gabor Domonyik HUN 4, 86= Andrew Kitchin GBR, Ovidiu Mutiu ROM & James Russell AUS 3, 89. Martin Brantner AUT 2, 90= Peter Barcik SVK & Tilo Pompe GER 1.

**WOMEN:** 1. Marlena Jansson SWE 193, 2. Yvette Hague GBR 179, 3. Hanne Staff NOR 173, 4. Hanne Sandstad NOR 171, 5. Anna Bogren SWE 163, 6. Gunilla Svärd SWE 159, 7. Sabrina Meister-Fesseler SUI 158, 8. Maria Gustafsson SWE 157, 9. Reeta-Mari Kolkkala FIN 146, 10. Vroni König SUI 145, 11. Johanna Tiira FIN 145, 12. Ragnhild Bente Andersen NOR 143, 13. Anette Nilsson SWE 140, 14. Torunn Fossli NOR 136, 15. Anniina Paronen FIN 136, 16. Marie-Luce Romanens SUI 136, 17. Tenna Nørgaard DEN 130, 18. Frauke Schmitt-Gran GER 130, 19. Eija Koskivaara FIN 129, 20. Kirsii Tiira FIN 122, 21. Brigitte Wolf SUI 121, 22. Maria Honzová CZE 115, 23. Anna Garin ESP 107, 24. Katarina Borg SWE 103, 25. Anke Xylander GER 92, 26. Ann-Kristin Høgseth NOR 89, 27. Marcela Kubatková CZE 85, 28. Jana Cieslarová CZE 84, 29. Kylli Kaljus EST 83, 30. Kathi Widler SUI 80, 31.

Katalin Oláh HUN 78, 32. Hana Dolezelová CZE 74, 33. Heather Monro GBR 74, 34. Danute Girinskaitė LTU 68, 35. Dorte Dahl DEN 65, 36. Nicky Taws AUS 64, 37. Heidrun Finke GER 63, 38. Tania Robinson NZL 56, 39. Jenny James GBR 56, 40. Marie-Violaine Palcau FRA 53, 41. Marquita Gelderman NZL 52, 42. Olga Jirsová CZE 52, 43. Natalia Pletneva RUS 50, 44. Annika Zell SWE 49, 45. Kristin Federer USA 45, 46. Gro Sandstad NOR 45, 47. Annika Viilo FIN 42, 48. Tatjana Yaksanova RUS 39, 49. Christina Grøndahl DEN 39, 50. Kari Christiansen NOR 36, 51. Svetlana Rakhimova RUS 36, 52. Marja Pyymäki FIN 35, 53. Katie Fettes NZL 31, 54. Kirsten Giger SUI 31, 55. Georgina Macken AUS 26, 56. Andreas Bokros HUN 25, 57. Christina Simunková CZE 25, 58. Irina Mikhalko RUS 25, 59. Monika Bajer POL 24, 60. Hilde Grøneng NOR 23, 61. Tracey Bluett AUS 22, 62. Ildiko Kovacs HUN 19, 63. Emily Viner AUS 18, 64. Katerina Ticha CZE 16, 65= Riika Ankelo FIN, Jeanine Browne NZL & Lone Hansen DEN 14, 68. Charlotte Højsgaard DEN 14, 69. Laure Coupat FRA 14, 70. Elsie Campbell AUS 13, 71. Sasha Middleton NZL 12, 72. Lucie Böhm AUT 10, 73. Anne-Marie Piolat-Mancini FRA 10, 74. Margit Breckle GER 9, 75. Katrin Renger GER 9, 76. Natasha Rowe AUS 9, 77= Mary Fien AUS & Charlotte Thrane DEN 8, 79. Doris Keller SUI 7, 80. Pepa Milusheva BUL 6, 81= Zanda Abzalova LAT & Gillian Ingham NZL 5, 83. Juliette Soulard FRA 5, 84= Claudia Künzel AUT, Daiva Mazulyte LTU & Katerina Pracna CZE 4, 87= Peggy Dickison USA, Katalin Lovasi HUN & Tine Rasmussen DEN 3, 90. Siri Størmer NOR 3, 91= Louise Fairfax AUS, Kerstin Hellmann GER, Veronique Renaud SUI & Nadezhda Rudakova RUS 2, 95. Alix Young AUS 2, 96= Iveta Liberdova SVK & Veronica Mirea ROM 1.



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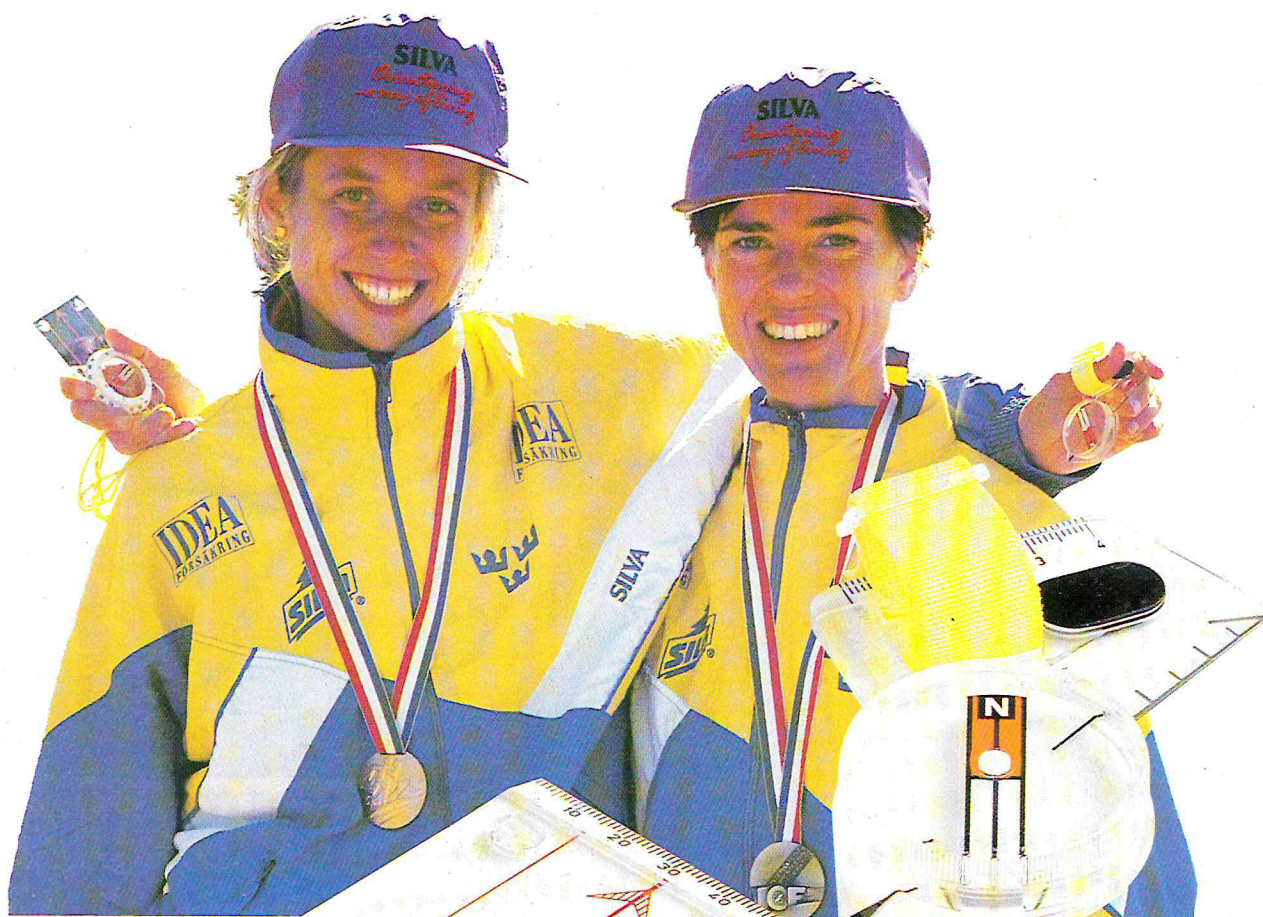


*Jörgen Mårtensson  
World Champion*



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